



MCC BYTES

30th April 2014

Pod Club Mixer Night



Hi all,

Just a few quick words from the Podiatry Club. Our Pod mixer night was held on the 12/3/14 at the Kinross Woolshed. It was a great chance for a few of the first years to mix and mingle with some of the 2nd and 3rd years and themselves as well. We had a strong turnout of about 30 or so with people from all different year levels. It was good to see everyone socialising over a meal and a few beers. Whilst there, we raffled off the \$100 and \$50 Woolworths vouchers with Casey Hunter claiming first prize and Adele Palmer claiming second. Thanks to all that rocked up and made the night a success.

Stay tuned to Facebook for more news to come!

If you haven't already joined the club page go to <https://www.facebook.com/groups/podclubcsu/>

That's all from me,

Chris Maher (President)



O-Week 2014



P  **O**  **L**

COMP

Monday's @ the G

6pm

\$2 entry

Div A & Div B

1st \$20 Safeway voucher

2nd \$5 Gums voucher

3rd money back

Harmony Day

At Albury-Wodonga campus Harmony Day took place on Tuesday 18 March outside the Gums cafe. Harmony Day is all about diversity and the idea that everyone belongs. It is a day of cultural respect for everyone who calls Australia home.

The cooking and sharing of cultural meals was the way students chose to celebrate. In addition to the cultural meals provided by international students to share, a free BBQ was provided by the Murray Campus Council and graciously cooked by Kurt Neville and Emily Green from Residences Life.

Also on offer was a Name the Flag Competition with over 30 flags which had to be identified and an opportunity to share your thoughts on canvas with the theme: 'Here @ CSU it is OK to be...'

Equal first winners of the flag competition who each received a \$30 Gums voucher were: **Erin Gray and Hannah Brodie**

Runner up with a \$10 Gums voucher was: **Kerrie Macmurray**

Thanks to the MCC for their assistance and everyone for participating. It was a great way to celebrate the diversity of Australia.

More information on Harmony Day can be found here: <http://www.harmony.gov.au/about/>

Southern Zone Sports Challenge

CSU Albury-Wodonga, CSU Wagga, La Trobe & UNSW battled it out at in touch football, netball and half court basketball at our brand new outdoor sport & rec centre on campus on the evening of Tuesday 25 March.

The CSU teams proved too strong with all 4 teams defeating either La Trobe or UNSW in their first rounds. CSU Albury-Wodonga gets to keep the trophy this year!

A complimentary BBQ followed the challenge. Thank you for your participation. Let your SSO know if you would like a 2nd in Session 2!



Clubs Day

Another fantastic Clubs Day was held on Tuesday 4 March, a great way to begin the year. Clubs are a great way to meet new people and a good way to round out student's university experience. Students were able to find out more (and join) at Clubs Day where all social, sporting & cultural clubs were represented.

Fun Run

Held in conjunction with the Southern Zone Sports Challenge, Tuesday 25 March, there were 30 students, staff and friends that sweated it out on a glorious autumn evening. Participants entered either a 5km or 10km race with all 1st, 2nd, & 3rd place males and females being rewarded for their efforts as well as team awards. Prizes were kindly donated by Athletes Foot & Zambrero's

10kms - 1st male – Alex Ross & 1st female - Anna Trnka

5kms – 1st male – John Baker & 1st female - Matilda Trebilcock

5kms 1st place team won by the Thuggers



Check out the CSU Running Club Facebook Page if you are interested in knowing about more running events coming up. We are currently putting a team together for Nail Can Hill run on Sunday 4th. Jump online now to register and join the Charles Sturt University team.

Social Sport



The Netball Comp started at the beginning of Session 1 and is well under way with the Mellow Yellow taking the lead. The weather has been reasonable with only one cancelation so far.

American National Student Nurse Association's Convention

I'm studying nursing at CSU Albury, and have recently been to Nashville, USA, for the American National Student Nurse Association's Convention. This is my story, and my letter of thanks to MCC and the School of Nursing, Midwifery and Indigenous Health for helping make it all happen.

Whilst I've been studying I got involved with the MARHS club, which led me to go to some conferences and actually help run some events, which in turn led me to get active with the National Rural Health Student Network (NRHSN), and then the Australian College of Nursing (ACN). These experiences had two big impacts on me. One: I met and became close friends with a network of passionate and driven students and professionals across the country. And Two: At the same time as I began to understand the issues facing nursing in particular, I became frustrated by the lack of an independent representative body for student nurses.

At a conference in late 2012 I met and became friends with an early career nurse, Stephanie Jeremy. She was not only thinking the same things as me but had actively started working towards establishing a student nurse association. So to cut a long story short, we joined forces and formed a Working Party in August 2013, with whom we have established the Australian Student and Novice Nurse Association (ASANNA). Who would've thought?!

Following this, a further chain of events led to the President of the American National Student Nurse Association (NSNA), Jesse Kennedy, inviting us to present to their Annual Convention. Despite also thinking this opportunity might not actually eventuate, sponsorship from both the MCC and the School of Nursing, Midwifery and Indigenous Health made it happen. I really can't thank them enough! (Cont. Next Page)



So, on the 8th of April Stephanie and I found ourselves in a luxurious hotel in Nashville, Tennessee, for five days of talks, campaigns and workshops with 3000 students. We went to share our Australian nursing perspectives, and our journey with ASANNA, and we came home with a wealth of resources, ideas and inspiration. The first day was the meeting for their Council of State President's. It was fantastic to meet students from across the States, and gain some insight into the structures and activities of the NSNA. We also gave our first presentation, discussing health and nursing in rural and remote Australia, as well as the transition from student to professional nurse. It is interesting to note the similarities in the key issues we face as a profession, such as the shortage of graduate jobs. This major issue is currently felt in most developed nations, so our sharing of experiences and initiatives with this were interesting.

Our main presentation was the following day, when we discussed Australia and Australian healthcare in general, including Indigenous health, and the story of ASANNA's establishment. We were blown away by the positive reception we were given. We're still not sure how we feel about the fact that half the crowd lined up to take photos with us afterwards!

Some of the highlights for us were:

- The unerringly positive support for ASANNA.
- Seeing the positive impact that involvement with the NSNA offers their students, such as developing leadership skills for use in future nursing careers.
- Learning the governance and organisational processes and procedures they use within the NSNA.
- Being treated to 'Celebrity Services' at the Hotel; uniformed drivers with our names on a placard, personalised welcome letters and hampers in our room!

Perhaps, most importantly though, we came home with renewed vigour and commitment to our cause. The level of engagement that the American nursing students give to their NSNA, and the high regard their activities earn amongst their profession and communities, is inspiring. We have confirmed beyond doubt that a national voice for student nurses is a valuable contribution to not only the nursing profession, but also to the communities we care for. Students can make a difference. Of course we have firmly believed this ourselves, yet seeing the NSNA in action has validated our vision for ASANNA. After all, as Margaret Mead said, 'Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.'

To find out more about ASANNA, sign up for free at www.asanna.com.au and visit www.facebook.com/AsannaNurses. And join MARHS and the Nursing Club, you never know where they'll take you!

Carol Mudford

IT'S ON...AT THE
YOUR GUIDE TO EVENTS & SPECIALS
EVERY DAY OF THE WEEK



Monday Pool comp
Hosted by the
the student hall staff pool competitions
10 entry limit at 12PM/12:30

Tight Azzz, Tuesday
Get on the cheap the whole day
\$8 Pot and Parm
Choice of soft drink or the beer or slider

Wined Up Wednesday
Oh Wine down, what ever floats your boat
\$8.00
BOTTLES OF WINE TO ENJOY WITH A FROM 6-9

THURSDAY
and options
UNI NIGHT
GET YOURSELF ED-U-MA-KATE-ED
YOUR UNI, YOUR CLUBS, YOUR PARTIES
Check Facebook every Monday. Look out for posters

Friday Unwind
Unplug, real people, real music, real sport
Followed by live Footy AFL & NRL

12 pots
13 schooners

Happy Hour
Every day 5 to 6



BSU Education Club Presents
An Evening to Remember

17th May, Soders
\$3 Beer & Wine, Buses to Event
\$25 Members, \$40 Non-Members
Featuring Special Guests The Northern Folk

	Mon	Tue	Wed	Thu	Fri	Sat/Sun
Week 7	28th April  7PM @ THE G	29th April 	30th April	1st May Frat Party	2nd May	3rd/4th May
Week 8	5th May  7PM @ THE G	6th May 	7th May	8th May Trivia @ the G	9th May Final Fantasy	10th/11th May
Residences Challenge Week						
Week 9	12th May  7PM @ THE G	13th May 	14th May	15th May	16th May	17th/18th May Edu Ball
Week 10	19th May  7PM @ THE G	20th May 	21st May	22nd May Medieval Festival	23rd May	24th/25th May
Week 11	26th May  7PM @ THE G	27th May 	28th May Netball Presentation	29th May Free Soup Day Second Time Lucky Lol Comedy Night	30th May	31st May/1st June